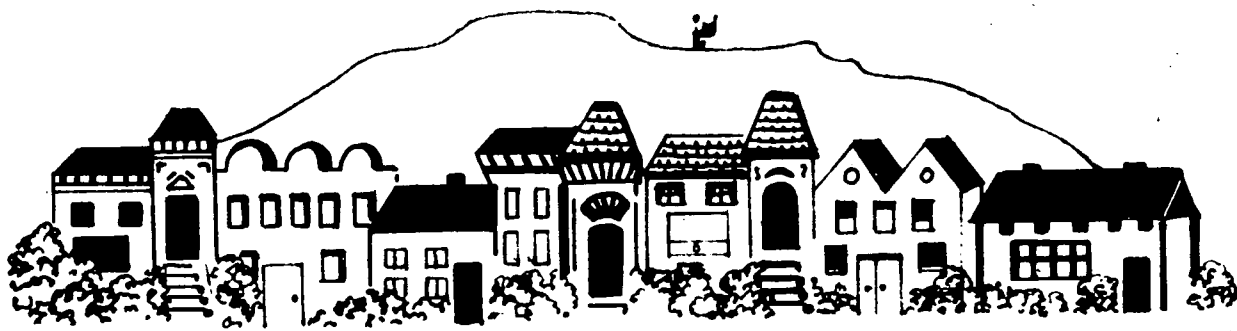
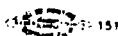


NEW



BERNAL JOURNAL

October/November 1989



Volume 26 No. 5

spotlight on ...

The Holly Courts Initiative

by Arthur B. Kalson

When Holly Courts was built forty-nine years ago, it was considered to be an innovation in planned low-cost housing. Located in a neighborhood consisting mostly of single family homes, with none of its buildings higher than two stories, Holly Courts blended in well with the surrounding community. Long term-residents recall those early years fondly, as a time when everything was new and clean, and people got along.

When crack cocaine appeared on the scene about five years ago, everything began to change. Although Holly Courts escaped the worst of the plague at first, gang warfare and police pressure in other parts of the city during the past year have sharply increased the drug trafficking and its attendant violence and fear in and around the projects.

The rest of Bernal Heights became aware of just how bad things had gotten in April, 1988, when popular neighborhood activist Charles Waddell was murdered and a thirteen year old boy was wounded in broad daylight by an alleged drug dealer. This horrible event coincided with and gave focus to the revitalization of the Holly Courts Tenants Association. With support from St. Kevin's, the Bernal Heights Community Foundation, and Operation SAFE, the tenants began to organize on a large scale and articulate their needs. Led by Olivia Dildy, Loretha Monroe, and others, they quickly zeroed in on two areas; crime and maintenance. Captain Diarmud Philpott of Ingleside Station applauded their efforts to organize, and promised a greater level of police protection. The tenants worked on a way to put pressure on the San Francisco Housing Authority to provide adequate levels of maintenance, especially in the laundry and dumpster areas. After waiting for more than a year, and suffering through even greater violence and deterioration, the tenants had had it. The time had come for action.

The Holly Court tenants, now joined by the homeowners of the South Bernal Neighborhood Association, drafted a list of specific demands for the Police Department, the Housing Authority, the Park and Rec. Department, and the Mayor's Office. At a charged public meeting on August 8, they issued their ultimatum--either conditions are changed, or the tenants will launch massive demonstra-



Holly Court residents look to the future with hope and solidarity: Olivia Dildy, Earlene Anderson, Shaneka Richardson, Dana Best, Rita Nygard, and Gloria Best.



tions and lobbying efforts to publicise their plight.

The public officials present, including Captain Philpott; Captain Tim Hetrick of the Narcotics Task Force; Jose Medina from the Police Commission; David Gilmore, the new Executive Director of the SF Housing Authority; Brad Paul and Pamela Sweeny from the Mayor's Office; and others, all gave verbal assurances that they were in complete agreement with the Tenants Association and would do everything in their power to help.

Feelings ran high. Toward the end of the meeting, members of the African People's

Solidarity Community, shouted that the war on drugs "a war on African People", and warned of police state tactics used in the name of fighting crime. Although many in attendance disagreed, the outburst sent a clear signal to officials; either deal with the Holly Courts Tenants Association now or face an even angrier and more radical group a year from now.

On Saturday, August 12, these same groups met in executive session at 100 Appleton Street to iron out the specifics of an agreement, complete with deadlines and signatures. Some of the key points discussed were increased police presence, distribution of anonymous reporting forms, quicker response to maintenance problems, and, most importantly, some tenant control over who should be allowed to live in Holly Courts. About half way through the meeting, Mayor Art Agnos dropped in unannounced to encourage the negotiating process and take full responsibility for all decisions made.

Afterward, everyone seemed satisfied that real progress had been made. In the SF Chronicle on August 14, Buck Bagot, who led the negotiations for the tenants, was quoted as saying "We won almost everything we wanted." He called the agreement "a milestone."

On August 15, the agreement was presented to the community at the Bernal Heights Neighborhood Center. The Tenants Association announced that indeed, positive

Holly Courts Activists Loretha Monroe and Barbara Thomson pause for a coffee break.

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NEW BERNAL JOURNAL

515 Cortland Ave.
San Francisco, CA 94110
(415) 648-0330

The *New Bernal Journal* is an open forum of the community sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with neighborhood news, ideas, issues, and events. Articles express the views of contributors and not necessarily those of the Community Foundation.

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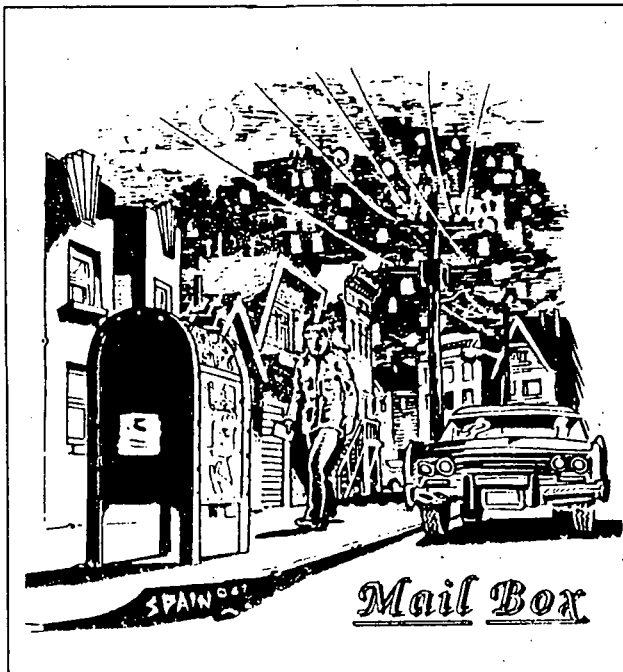
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Letters to the Editor



Editor:

Being a homeowner for 41 years on Bernal Heights I have observed the many changes in the whole manner of the people who live here, in that there is not the same interest as before...the main Avenue...is cluttered, with most sidewalks seldom cleaned...the corner of Cortland/Andover for years has been full of debris, with the drain clogged...such a condition left unnoticed reflects the attitude of everyone, especially the merchants, who should no longer ignore the blight. I see in the Bernal Journal (Aug/Sept issue) that the upgrading of storefronts has been suggested...unless they do take action to clean up Cortland and keep it that way, we all lose...

Margaret A. Smith

(The recently rejuvenated Cortland Avenue Merchants

The Cortland Avenue community extends its deepest sympathy to Tina Webster on the recent death of her beloved mother, Betty Webster.



Stella Loaisiga, the new bilingual secretary at the Bernal Heights Community Foundation. Stella came to this country from Managua, Nicaragua only six months ago. Although she is very happy to be here, she misses her four children, who are still living in Managua. The BJ hopes that her family is reunited soon. Bienvenitos a Estates Unitas y Bernal Heights, Stella!

**Election Day
Is November 7 — Don't
Forget To Register And
Vote!!**

Association shares your concerns, and has begun to take action. See Page 7 — Ed.)

(Addressed to Helen Helfer)

As a resident of Folsom Street just north of Cortland, I want to thank you and the members of the Foundation who agitated for the new stop sign at Folsom and Cortland. It has made life for myself and my children much easier and safer. Keep up the good works.

Stuart Stoller

(The person responsible is your neighbor, Victoria Vasey. For more details, see Page 15. — Ed.)

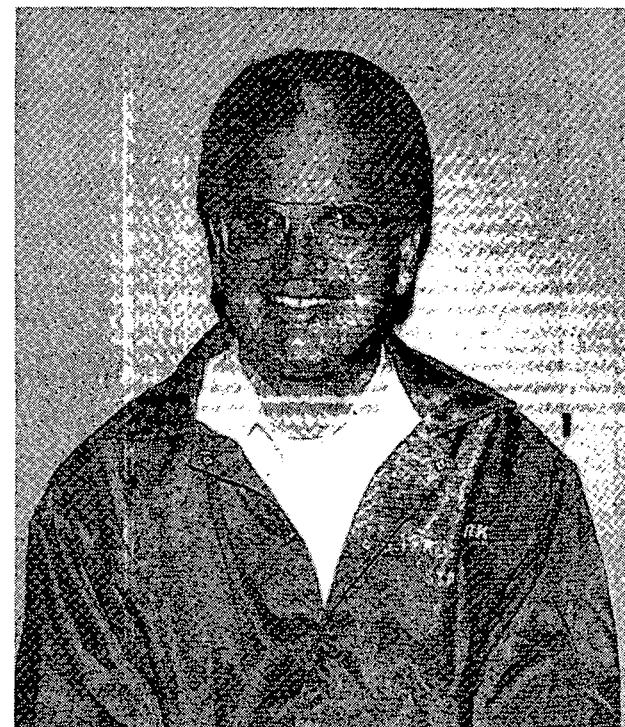
Editor:

I am writing to you to voice my strong opposition to a new stadium in the China Basin area...I know the South of Market area well enough to know that the addition of a stadium complex would be a disgrace and a disservice to the entire city...The following is a few of the problems:

1. Increased traffic congestion.
2. Inadequate parking facilities.
3. Negative impact on current and proposed housing in surrounding areas, (from) increased noise level and intrusion of stadium night lights.
4. An intrusive structure in violation of current zoning regulations...effectively creating a wall on the edge of the Bay.
5. The creation of a tremendous financial burden on the city, an idea already defeated by the voters in 1987.

No one wants to see the Giants leave San Francisco, but the clear need for a more comprehensive plan must take precedence over immediate construction of a stadium...I feel this latest proposal would be a tremendous mistake. I also urge San Francisco voters to vote NO!

George W. Selland



The BJ welcomes John Connor to the Bernal Heights community. John was assigned the position of Recreation Director at the Bernal Heights Recreation Center at the corner of Moultrie and Cortland Avenue. His goals are very simple and clear: "To bring the park back to serving the neighborhood, and to make it a place where kids and families look forward to coming to." Stop by the Rec Center Tuesday through Saturday and introduce yourself to John. He deserves all the support we can offer.

BJ le da la bienvenida a John Connor ha la comunidad de Bernal Heights. John fue nombrado el puesto de Director de Recreacion en el Bernal Heights Centro de Recreacion en la esquina de Moultrie y Cortland Avenue. Sus objetivos son muy simples y claros: "Traller el parque ha servir la vecindad y hacer un lugar que atraiga ninos y familias." Venga al Bernal Rec Center martes a sabado y presentese a John. El medese toda ayuda que le podemos rindir.

Holly Courts...

continued from page 1

changes had already occurred, in the form of greater police activity, the distribution of anonymous report forms, and the quicker filling of vacant units. Captain Philpott stated that, although he supported the agreement in principle, he was not authorized to sign it. He did promise to honor its terms as long as the community would continue to work with him.

The Housing Authority did sign, promising to develop a mechanism with the Tenants Association for screening new residents. Lew Lillian, president of the Housing Authority Commission, volunteered to organize a graffiti cleanup. Other agencies followed suit, promising their full support to the tenants.

Earl Gilman, Senior Social Worker with Adult Protective Services, made an impassioned plea for more drug treatment programs, and warned of the dangers of using the police to solve social problems. Buck Bagot reminded the assembly that this was only one step in a long process, and that other stages could include drug treatment programs. Everyone agreed that the first line of defense was the neighborhood itself, with people communicating with and helping one another, and this had to include a careful monitoring of all police activities.

On August 28 and 29, in follow-up interviews with the BJ, Buck Bagot expressed cautious optimism about the future of the agreement. While acknowledging the good faith of the various city departments involved, and the determination of the Holly Court tenants to improve their conditions, Bagot has found that the drug problem is much bigger than he's realized. "The anonymous forms are not working so far," he stated.

Olivia Dildy expressed her faith in David Gilmore's sincerity, but cautioned that he can't do a thing until he sees how much money he'll have to work with. "At least he's honest," she said. "In the past, others came here and made outrageous promises, and didn't keep any of them."

There was general agreement among the tenants we met that, despite its problems, Holly Courts is still the best. Ms. Dildy pointed out that other projects have problems that are much worse because of their isolation. She does not think that the Holly Courts Agreement can serve as a model for others. "Each project has to ask for what they want," she said.

On September 15, the *SF Chronicle* reported that the Housing Authority will receive \$8.5 million from the federal Department of Housing and Urban Development (HUD). The next day, the Holly Court Public Housing Tenants Association, the South Bernal Neighbors Association, and the Bernal Heights Community Foundation sent David Gilmore a lengthy letter, requesting an immediate meeting to discuss allocation of some of those funds to Holly Court. The letter also outlined in minute detail the specific progress that has been made, as well as the problems that remain. The coalition reminded

Gilmore that "our organizations are prepared to take action to bring about the achievement of our demands."

Three months ago, the Valencia Gardens projects hammered out a 21-point agreement with the Housing Authority that was supposed to implement "new ways to improve safety and other living conditions of Valencia Gardens

tenants." As Madeleine Saussotte reports in the September, 1989 issue of *North Mission News*, "Three months and two killings later, it's worse than it ever was..." Jesse Jackson says, "Keep hope alive" and he's right. The BJ would add, "Keep the pressure on."



The tough Holly Courts negotiating session on August 12 drew top-level attention: Alta Fay Scales, President of the Alemany Tenants Association; Holly Court residents Virginia Lange, Florence Lange, and tiny Kenneth Collins; Mayor Art Agnos.

Local Businesses Threatened By Tax Surprise

by Arthur B. Kalson

During the month of August, three popular restaurants on Cortland Avenue—King Tut Deli, Toni's Tradewinds Cafe, and the Deli Pub Cafe—received unexpected back tax bills for between \$900 and \$2000, including interest and penalties, from the Federal Bureau of Alcohol, Tobacco, and Firearms. None of the business operators, or their accountants, had ever heard of the Special Occupancy Tax. In Toni's case, the liability was for ten years' worth of back taxes. "I cried all night," said Toni, "I had no idea how I could pay this by September 15."

The *Bernal Journal* learned that any business holding a California liquor license is automatically subject to the little-known Federal Special Occupancy Tax. The annual rate is \$250 for retailers and \$500 for wholesalers, and is prorated from the date business began until June 30. The tax is renewable each year on July 1.

We turned to the Mayor's Office of Business and Economic Development for help, and got it in the person of Douglas Paxton. After thoroughly researching the problem, Mr. Paxton was able to put the business owners in

touch with the correct office in the Bureau of Alcohol, Firearms, and Tobacco.

They were able to work out a payment plan that satisfied the tax regulations, and allowed them to stay in business. Mr. Paxton also plans to include specific information about this tax in future editions of *Getting Business Started*, the City's guide to doing business in San Francisco.

The lack of information about this tax is caused by a jurisdictional dispute between the State and Federal governments. Neither is willing to take the responsibility for informing small business owners about the Special Occupancy Tax. If you are faced with a similar problem, here are some places to call for assistance:

Mayor's Office of Business and

Economic Development
100 Larkin Street
SF CA 94102
558-5383
Mr. Paxton or any
of his colleagues

will be glad to assist you.

Department of the Treasury
Bureau of Alcohol, Firearms, and Tobacco
Joseph D Deviney
Regional Director (Compliance)
Regional Office: 744-9458

Gloria Bieniek
Regional Coordinator, Special Occupancy Tax
District Office: call 744-9458 and ask to be
transferred to the District Office

The business owners had a positive experience dealing with a woman named Martha, last name and position unknown. Her phone number: 974-9625



The Coleridge Park Homes Grand Opening Celebration on September 18 was a joyous occasion for the neighborhood. Helen Parnell spoke on behalf of the residents. "We need more places like this," she stated, "and the country needs us."



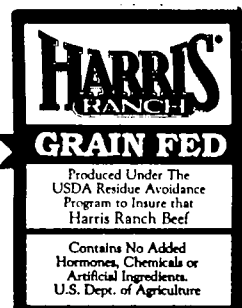
The cut ribbon means that the Coleridge Park Homes are now officially open. Sharing the happy moment are many of the people who collaborated on this innovative low-cost housing development: Ben Golvin of Bridge; Buck Bagot from Bernal Heights Community Foundation; Sylvia Yee, former BHCF Board President; Marvin Wager from the Standard Brands Paint Company; Senator Quentin Kopp; Mayor Art Agnos; Gerald Whitehead, President of the BHCF; Helen Helfer, BHCF Executive Director; George Miers, the architect; Brad Paul, Deputy Mayor for Housing; Paul Grogan from the Local Initiative Support Corporation; and Don Terner of Bridge.

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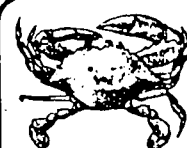
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Small Business Advisory

by Claudia Vieck

San Francisco provides a fertile climate for small businesses. For the third year in a row, Dunn & Bradstreet reported San Francisco as having the highest rate of new start-ups in the nation and the lowest mortality rate for small businesses as well.

This successful entrepreneurial environment is due to the many market opportunities provided by: a diverse ethnic population, a strong downtown as well as vital neighborhoods, a population open to innovation and new products.

San Francisco attracts entrepreneurial people who are creative and independent-minded, who want to run their own show, and who want to contribute their talents through a small enterprise despite the hard work and risks involved.

Yet, despite the myriad opportunities and a receptive culture, many talented entrepreneurs find it difficult to get started and harder still to survive those first critical years. Their businesses tend to be undercapitalized and are sustained by the sheer energy and hard work of the owner.

Such owners usually know their product or service well—they are excellent cooks, or jewelers, or have an exquisite and marketable design sense; but they lack the business skills—the knowledge of how to plan the growth of their business within their limited means. The decisions that are required always seem to outstrip the money, knowledge, or the technology and resources available.

The small business owner often becomes isolated. The long hours and obsessive problems after awhile evoke less than sympathy from friends and family. When the fresh ideas and encouragement are lacking, you lose momentum, which may be the one thing that keeps you going during the rough times. Few new business owners can afford to hire a consultant—or a psychiatrist!

Small business owners need financing, sure, but even more they may need marketing information, cash flow planning and a support system—people who have experienced similar situations, who can offer advice and a healthy perspective.

Fortunately, San Francisco has an array of affordable resources available to the new business owner and for the potential entrepreneur, too. Following is a brief description of assistance available to Bernal Heights entrepreneurs.

1. The Small Business Administration provides low cost one-day seminars and free consultation through its Score/Ace programs. These sessions are run by retired volunteers. Lots of written materials on small business is available at their offices:

U.S. Small Business Administration
San Francisco District Office
211 Main Street Fourth Floor
SF CA 94105
(415) 974-0649

2. The San Francisco Community College's Downtown Center offers a variety of free classes on the various aspects of growing a small business:

San Francisco Community College's

Downtown Center
800 Mission Street
SF CA 94103
(415) 239-3660

3. Mission Economic Development Association (MEDA) provides individual consulting and loan package assistance to expanding small businesses which have some collateral. They are connected to the City's low interest loan fund:

MEDA
987 Valencia Street
SF CA 94110
(415) 282-3334.

4. San Francisco Renaissance provides training, consultation, supportive networks, and access to seed capital for new entrepreneurs. The program specifically targets minorities and women:

SF Renaissance
1453 Mission Street
SF CA 94103

5. Women's Initiative for Self-Employment (WISE) provides technical assistance and financing to new or expanding women business owners:

WISE
315 Montgomery Street #400
SF CA 94104
(415) 953-2882

6. Briarpatch is an alternative small business support network:
(415) 648-1552

Do you have a question about operating your small business? Send it to me, Claudia Vieck, at SF Renaissance, 1453 Mission Street, Sixth Floor, SF CA 94103. Selected questions will be answered in this column in the Bernal Journal.

Claudia Vieck lives in Bernal Heights, and is the Executive Director of Renaissance, a non-profit Entrepreneurship Center.

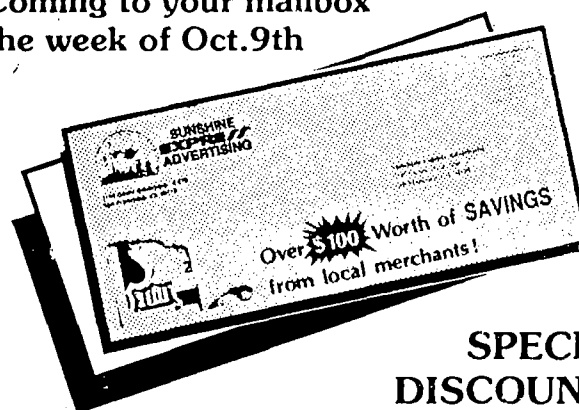
San Francisco Natural History ...

Continued from page 7

was able to find only a single clump of *Iris longipetala* there. Since *I. longipetala* occurs on all of Bernal's sister sites (Bayview Hills, Mt. Davidson, Corona Heights, and Twin Peaks), seeds from these locations could be brought here to genetically enrich the population.

Dr. Raven sees the Bernal Project as "a ray of hope amidst the gloom". He suggests that we erect interpretive signs—perhaps even an interpretive trail—on Bernal and Twin Peaks, to advance the cause of public education and financial/political support for the conservation of these precious areas. He sees the plight of Bay Area biota as a "microcosm of the world", and he feels that the multifaceted response of the diverse Bernal Project participants to the tragedy we are all facing is not only locally worthwhile, but "exportable as a model." It means a great deal to Peter Raven, pioneer botanist, that so many people are working to save and restore these San Franciscan prairies which he studied so many years ago.

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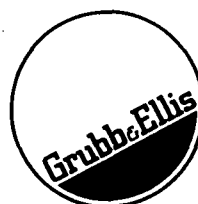
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Headaches

by Jeanette Conley, RN

Everybody experiences headaches at one time or another. There are many different types of headaches, from a dull ache all over, to sinus, to cluster headaches to migranes.

Dull aches can occur from a cleansing of the body, as in recovery from a cold or flu. The body can also remove toxins that remain when you over-indulge in alcohol, sweets, chocolate and coffee. The body releases toxins during a fast, giving you a headache.

Sinus headaches are usually a result of allergies to food or the environment. Cluster headaches can occur for days to weeks on end, and then stop for a period of time.

Migranes, which are the worst, usually involve the muscles of the head, neck, and shoulders. Migranes usually involve eye pain, sensitivity to light and, in some cases, nausea and vomiting.

Headaches can also be a sign of something serious, such as meningitis, brain abscess or tumor. A doctor should always be consulted for persistent headaches, or headaches that are accompanied by a fever.

Relief from headaches comes in many forms. Biofeedback, chiropractic therapy, self-help techniques, stress reduction, nutrition, herbs, or massage can assist people to find relief from their headache. These techniques are best when used in conjunction with one another.

Biofeedback can be a way in which you can tune into your body, come in touch with yourself, and then relax before the headache starts.

Chiropractic therapy may be needed if the back muscles have misaligned the vertebrae. Low-back pain or the

spine being over-curved will affect the muscles in the neck and the way the head is held. Massage in combination with adjustments are best for most people.

Self-help techniques can help reduce the stress of the headache. Hot baths with epsom salts or herbs, or hot packs to the neck and shoulders will reduce the back and neck tension. A cold washcloth to the top of the head helps hot heads.

Lavender ointment to the head is good for children and the elderly. Smelling sage or fresh California bay leaf is helpful. At the onset of a headache breathing into a paper bag can change the pH of the blood and affect the capillaries in the head area. Headaches are sometimes the result of the tiny capillaries in the head spasming and causing pain. Putting a headband around the scalp, holding it for a few seconds, and then releasing it can also affect the capillaries.

Stress reduction can include exercising the neck and shoulder muscles in gentle movements to alleviate tension. Reduce the noise in your environment and, if you can, remove yourself from florescent lights and try to be in natural-lighted areas. Decrease the demands that you make on yourself and others. Talk to other people about what stresses are effecting you. This is very important. Make changes in your lifestyle to reduce the stress when you can.

Dietary recommendations include elimination of all stimulants. Headaches are a result of the nervous system being overworked. Reducing your intake of coffee, sweets, chocolate and excessive starches (potatoes, bread, pasta) is recommended by many sources. Adding more fruits, vegetables, and organic protein to your diet is highly advised. Eating more fiber is very good way to cleanse your body of toxins in the digestive tract.

Herbs that are helpful are Feverfew, White Willow Bark, Red Clover and Lavender. Feverfew has been used

for a long time in the herbal world for reducing headaches. It contains essential oils that work to reduce the headache, especially migranes. It has also been found to help PMS.

White Willow Bark contains precursors to aspirin and also tannins. Red clover is a good overall blood cleanser. It also contains a lot of vitamins and minerals. The Indians used this herb with Chaparral in treating cancer.

Lavender can be used as a tincture and helps soothe the nerves. Other nerve stress reduction herbs are Valerian and Sage. These are good as teas. There are a number of readily-available herbal combinations that can be very helpful.

Massage is very calming to the nerves, muscles and tissues. This is a good way in which toxins can be moved from the muscles into the blood stream. These toxins that build up in the muscle are what causes the pain. Always drink a lot of water after a massage to keep warm. This assists the body in cleansing out the toxins and reducing stress.

Headaches are best treated early on. It is al-

Continued on page 13

Jaquecas (Dolores De Cabeza)

para Jeanette Conley, RN
Traduccion: Nancy Aldrette

Todos experimentamos jaquecas (dolores de cabeza) en una forma u otra. Hay muchos diferentes tipos de dolores, de leve, a sinusitis, de la parte superior de las cabeza, a migrana.

Los leves pueden ocurrir cuando el cuerpo se esta resfriando de un resfriado o un flu. El cuerpo tambien puede remover toxinas cuando se ha ingerido mucho alcohol, dulce, chocolate, o cafe. Durante un ayuno, el cuerpo expulsa toxinas causando un dolor de cabeza.

La jaqueca causada por la sinusitis usualmente resulta por alergias de comida o del ambiente que se rodea. El dolor de cabeza pegado en la parte superior de la cabeza puede durar de dias a semana o quitarse en determinado tiempo.

La migrana que causan los mas fuertes dolores usualmente envuelve los musculos de la cabeza, del cuello, y los hombros. La migrana usualmente tambien produce dolor de ojos, sensibilidad a la luz y en algunos casos causen nausea y vomito.

Los dolores de cabeza en algunas ocasiones son signos de algo mas serio como meningitis, un absceso, en el cerebro o un tumor. Es muy importante consultar a un doctor si la jaqueca es persistente o va acompañado de fiebre.

Hay muchas formas como combatir la jaqueca. Biofeedback, por medio de un chiropracto, teripia, tecnica de ayudarse solo, reduccion de stress. Una alimentacion balanceada y herbas o massage puede darle a las personas un descanso. Estas tecnicas son mejores si son combinadas una con otra.

La terapia chiropractico se necesita cuando los musculos no estan bien aliniados a los vertibras. Si hay dolor de espalda o la espina dorsal es un poco curba puede afectar los musculos del cuello o la posicion de la cabeza. El massage en combinacion con los ajustes de la chiropractica es lo mejor para la mayoria de las personas.

La tecnica de ayudarse asi mismo ayuda reducir el estress, producido por la jaqueca. Banos calientes con epsom salt o yerbas, bolsas de agua caliente en el cuello u hombros reduce tambien la tension de las espalda y el cuello. Una toalla mojada con agua helada puesta sobre la cabeza ayuda reducir el calor de la cabeza.

Unguento de Lavender huntuado en la cabeza es bueno para ninos y personas mayores. Holir Sage u hojas de California Bay Leaf tambien ayuda. Cuando empieza una jaqueca, respirando dentro de una bolsa de papel pueda cambiar el PH de la sangre y ayudar a los vasos capilares de la cabeza muy delgaditos se expanden cuasando dolor. Una banda al rededor de la cabeza por unos segundos y luego quitarsela pueda ayudar tambien a los vasos capilares.

La reduccion para el estress incluye ejercicio del cuello y musculos de los hombros en movimientos suaves alivian la tension. Reduciendo el ruido en el ambiente que te rodea y si puedes, quitarte de luces fuertes y tratando de estar en una area con luces naturales. Reduce las obligaciones que te impones a ti misma. Habla con otra persona del estress que te esta afectando. Cuando tu puedas, cambiar el estilo de tu vida para reducir el estress.

Las recomendaciones dieteticas incluyen la eliminacion de todos los estimulantes. Los dolores de cabeza son el resultado de un sistema nervioso sobrecargado. Reduciendo el cafe, lo dulce, chocolate, y excesiva harina (papa, pan, pasta) es muy recomendable. Adquirir mas frutas, verduras y proteinas organicas en tu dieta es tambien altamente recomendable. El comer mas fibra es muy buena para limpiar tu cuerpo de toxinas en el aparato digestivo.

Las hierbas que ayudan son Feverfew, White Willow Bark, Red Clover, and Lavender. Feverfew ha sido usado durante mucho tiempo por el mundo herbal para reducir dolores. Contiene aceites que trabajan reduciendo el dolor especialmente la migrana. Se ha encontrado tambien que ayuda PMS. White Willow Bark contiene un precursor de la aspirina y tambien tannins. Red Clover ayuda a limpiar la sangre. Inclusive contiene muchas vitaminas y minerales. Los Indios usan esta hierba con Chapparral en tratamientos de Cancer. Lavender puede usarse para relajar los nervios. Otras hierbas para reducir el estress de los nervios son la Valerian y Sage. Estas son buenos Tes. Hay muchas combinaciones de hierbas que son facilmente adquiridas que son muy beneficas.

Los nervios y los musculos descansan con el massage.

continuado en página 15

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San Francisco Natural History: A Conversation With Peter Raven

adapted by Barbara Pitschel from an original interview by Richard Clinebell

In 1988, Bernal Hilltop Native Grassland Restoration Project co-founder Rick Clinebell moved to St. Louis to pursue post-graduate studies in ecology. Rick was fortunate to interview Dr. Peter Raven, native San Franciscan, Director of the Missouri Botanical Garden, and a leader in tropical ecology and the conservation of tropical rain forests.

In 1958, Dr. Raven co-authored (with John Thomas Howell and Peter Rubtsoff) *A Flora of San Francisco, California*, a work which remains a vital source for local botanists and restorationists. In his conversation with Rick, Dr. Raven described his youth spent botanizing in the days before excessive development decimated our open spaces.

From the Raven household at California and Laguna he ranged far and wide on foot, bicycle, and buses. Today, it is hard to imagine the floristic richness he witnessed, much less an urban child's freedom to wander about in safety.

At the age of 14, he explored the Presidio, where he promptly found the serpentine clarkia (*Clarkia Franciscana*) and, in 1952, rediscovered the single plant of Raven's

manzanita (*Arctostaphylos hookeri* ssp. *ravenii*), which had last been reported by Katherine Brandegee in 1892.

He collected plants "where I could find them"—*Blennosperma* on the Bayview Hills, and our wonderful Bernal shooting star, *Dodecatheon clevelandii* ssp. *patulum*, which he described as "stunningly different from [*D. hendersonii*]," the species common elsewhere in San Francisco. He is pleased that this beautiful plant population thrives today.

As a child, Dr. Raven was also fascinated by beetles. He recalls that many large and spectacular beetle species "just disappeared" between the early 1940's and the mid-1950's and, although not quantified, he feels there was an entomological faunal collapse around the time of the disappearance of the Xerces butterfly.

Xerces, a resident of dune habitats in and around San Francisco, was last seen in 1941. It was the first North American butterfly species to become extinct as a result of human interference—the post-war destruction of its habitat at Stonestown, Lake Merced, and the Richmond and Sunset Districts.

Dr. Raven was glad to hear that white brodiaeas are still present on Corona Heights, as shown in recent studies by Bernal Project participant Larry Levine. Sadly, Levine

Continued on page 5



Imre Mandoki and Linda Aurchio plant a new tree to brighten Cortland Avenue. This beautification project was organized by Bernal neighbor Tess Beistel from Friends of the Urban Forest, and successfully completed by the Cortland Avenue Merchants Association. Here's a reminder: don't forget to care for your street tree. This is the driest time of the year, and trees need 20 gallons of water per week. A hose, left to trickle for about 20 minutes, is the best way to do it.

The Bernal Hill Sidewalk Astronomer

By Tom Kellogg

"Swift as a shooting star in Autumn thwarts the night." — Milton

Meteor showers are one of the most delightful night shows on earth. They're action-packed, unpredictable, and a good excuse to get outside and enjoy the silent starry night. Showers are usually caused when the earth passes through the path of a comet.

When a comet swings down past the sun, it leaves behind a fresh trail of dust, and if the Earth happens to pass through this trail, we can witness a once-in-a-lifetime event called a meteor storm. On a typical dark night a meteor will dance across the sky every minute or two during a shower, while during the rest of the year at least one is seen every hour. Most meteors that we see are the size of a grain of sand and appear at 47-70 miles high. They travel at a speed of between 7.5 and 44.5 miles per second. The length of time that they remain visible depends upon their composition and the angle at which they enter the earth's atmosphere. "Meteor" is the name we give to the particle after it enters our atmosphere; before that, it is called a meteoroid. If the object is large enough to reach the ground, the stony or metallic part that lands is called a meteorite.

Autumn is indeed the best time of the year to see shooting stars (meteors) since the four densest and most reliable meteor showers occur between August and January. The next major shower, known as the Orionids, will be on October 20. This is one of the four most spectacular showers of the year, with an average sighting of around 30 meteors per hour. We pass through this same band of dust every year at this time, and it takes us about two days to cross the densest part, at an average speed of 41.6 miles per second. The name tells us that the meteors all appear to be coming from the direction of the constellation Orion.

Other celestial events to watch for during October and November: Mercury will give its second-best showing of this year around October 7-14, rising 10 degrees (the width of two fists) above the Eastern horizon in the pre-dawn sky. Saturn can be seen in the south to southeast sky. On November 15, brilliant Venus, which outshines everything in the heavens save the moon and the sun, will pass less than four degrees south of Saturn. Venus is gradually catching up to us in our race around the sun, so even though it hangs around the same spot in the Western sky from May to December, it is growing in size and shaping into phases (like the moon's phases) when seen through a telescope.

I'll be setting up my telescope on clear calm nights, especially Friday and Saturday nights, at my Eugenia Street Stairway spot, or possibly other places.

Come and join me. Best wishes for wisdom from heaven!

Two in-depth sources of information about meteors are Guy Ottwell's *Astronomical Calendar*, and *The Astronomic Companion*. Also, see Alan MacRobert's excellent article in the November, 1988 issue of *Sky and Telescope* magazine.

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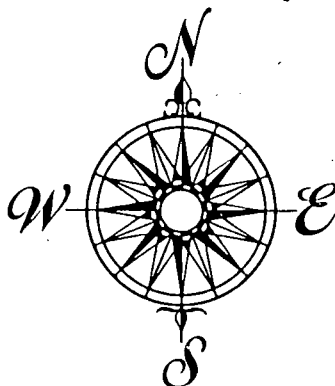
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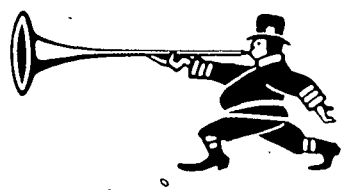
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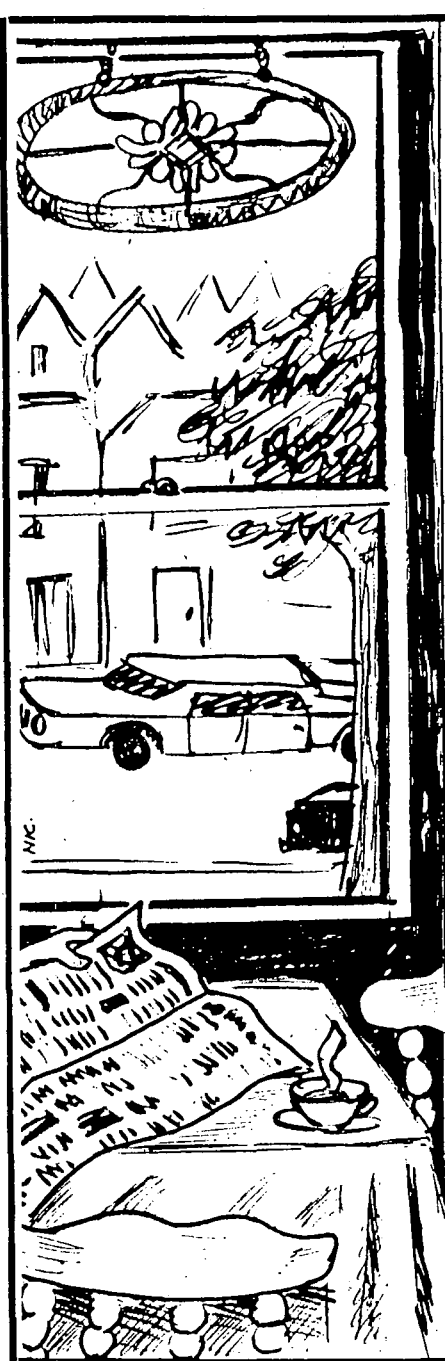
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By Jessica Murray

September 29th is the day to turn over a new leaf.

It is the New Moon, which is the time every month when the winds of change are at our backs. Since time immemorial the start of the lunar cycle has been associated with beginnings of all kinds: farmers sowed their seeds, builders lay their foundations, and the royal strategists urged the kings to begin their campaigns. It is still the most propitious time of the month to get your projects going, whether it be a new tomato plant, a new exercise program, or a new relationship.

And at the Full Moon, two weeks later, the seedling blossoms.

Every month, whatever was initiated at the New Moon will come to a head at the full, for good or ill. The Full Moon is meant to reveal to us the meaning of what was only incipient two weeks earlier.

October's Full Moon is on Saturday the 14th. It will be about relationship needs fitting into desires for independence. Ask yourself on that day: what did I begin on September 29 that is peaking just now?

For Astrological Consultation and classes call Jessica Murray at 626-7795.

BULLETIN BOARD

On Saturday, December 9, 1989, from 6-8 pm, the Bernal Heights Community Foundation will host its annual fundraising dinner. The proceeds from this year's celebration will benefit the Bernal Journal and the Neighborhood Center Committee. Efforts are being made to secure a well-known entertainer. There will be live music, delicious food, and an opportunity to meet your neighbors. Mark your calendars and look for more details in the next BJ.

El Sabado, 9 de Diciembre 1989, de la 6-8 pm, el Fundacion de la Comunidad de Bernal Heights hospeda la cena anual para recojer fondas. Las ganancias de la celebracion de este ano beneficiaran ha el Bernal Journal y el Neighborhood Center. Se estan haciendo esfuerzos a

atraer un bien conocido anfitrión. Habrá música viva, comida deliciosa, y una oportunidad para conocer con sus vecinos. Marque su calendario y busque por mas detalles en el proximo BJ.

Is there violence in your home? Are you being battered by someone you love? WOMAN, INC. is an organization which provides services to battered women.

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LPW Keeps The Pressure On Politicians

by Amy Trachtenberg

In an effort to keep the Little People's Workshop (LPW) Childcare Coop site on Cortland Avenue open, parents and members of the community have written hundreds of letters and lobbied our senators and assembly reps to support the passage of Senate Bill #1509. The bill, introduced at our urging by Senator Quentin Kopp (I, SF), and encouraged by Representative Dan McCorquodale (D-SJ), permits childcare coops to function outside the homes of the children being cared for.

For the past fourteen years, LPW has operated at this locale as a model parent-controlled day-care center without tax money. Certainly in Bernal Heights we could not provide in our individual homes the level of safety and stimulation that our children enjoy in our storefront. This month there will be much to celebrate. Over time, dedicated parents have renovated the interior space and the

counseling, and assistance in obtaining restraining orders. All services are for both heterosexual and lesbian women. End violence in your life today. Call WOMAN, INC. at 864-4722. Or call if you would like to volunteer your skills.

WOMAN, INC. es una agencia que ofrece servicios para mujeres golpeadas. Ayudamos con referencias para refugio, consejo, y asistencia legal. Ofrecemos servicios para mujeres en relaciones heterosexuales y lesbianas. Detenga el abuso en su vida ahora! Llamenos hoy al 864-4722. Tambien llamemos si quiere ser voluntaria bilingue.

The Bernal Heights Democratic Club will hold its endorsement night on Thursday, October 12, 7:00 pm, at the neighborhood Center, 515 Cortland. Pro and con representatives of the 22 ballot measures will speak. The public is invited.

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sandy backyard play area to create an environment tailored to the toddler age group. Colette Crutcher and Ana Fernandez have just completed a lovely mural depicting a jungle scene. The colorful, multilevel play structure, designed and built by Jeff Miller and Tim Harvey has the children climbing and sliding under a leafy canopy in the backyard.

Finally, early on the morning of July 19, four LPW parents made the drive to Sacramento to hear the passing of S.B. #1509 by the Assembly Committee on Human Services. Since there was no opposition, we all breathed a sigh of relief. On September 13, Governor Deukmejian signed the bill into law, effective as of January 1, 1990. Thanks to all who worked so hard for us during the past few months. Bravo!!

Little People's Workshop has daycare openings for families with children ages 18 months to 2 years. For more information, call 648-5156.

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Enquesta Dice Que Negocios No Satisfecan Necesidades Hispanas

Este artículo primero salió en The SF Examiner el 8 de Septiembre de 1989 y fue escrito por Sally Lehrman y Dexter Waugh y fue traducido por Miguel Camado

Bernal Library Events For October And November

Tuesday, October 10

10:30 am — Children's Films: "Blue Dashiki", "Boy Next Door", and "Reach Out".

Wednesday, October 11

7 pm — Family Storytime with Children's Films (see October 10 listing for titles)

Wednesday, October 18 — a BIG day at Bernal Branch!!

1:00 pm — ANNIE THE CLOWN brings her extraordinary show to the library. See her see her transform from an "ordinary person" to a clown before your very eyes. Fun for people of all ages.

7 pm — SPECIAL FAMILY NIGHT PROGRAM! First, a Family Storytime with children's librarian, Dorothy Coakley, followed by a videotape presentation and discussion of Bill Moyer's interview with renowned parent advisor T. BERRY BRAZELTON. The discussion will be moderated by local activist and educator Dr. Helen L. Sobell.

October 24 through November 3 — Bernal Library is proud to host an exhibit of children's art from the Soviet Union. The exhibit is jointly sponsored by the United States Information Agency and the Soviet State Committee on Printing, Publishing, and the Book Trade.

Wednesday, October 25

7:30 pm — A HALLOWEEN TREAT! Erich von Stroheim starring in the 1935 film classic "The Crime of Dr. Crespi", based on Edgar Allen Poe's horrifying tale "The Premature Burial". NO FAMILY STORYTIME THIS WEEK.

Wednesday, November 8:

7 pm — Family Storytime featuring children's films. Call for titles.

7:30 pm — Back by popular demand! More films by Les Blank. "Garlic is As Good As Ten Mothers" and "Werner Herzog Eats His Shoe".

Tuesday, November 14

10 am and 11 am — Puppet fun with the Trip Trap Troupe. Your preschooler will love this show!

Wednesday, November 15

7:30 pm — Even more Les Blank films! "Gap-Toothed Women" and "The Blues According to Lightnin' Hopkins".

Bernal Heights Branch Library
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Wednesday — 1-9
Thursday — 1-6
Friday — 1-6
Saturday — 1-6

Ongoing Children's Programs

Preschool Storytime every Tuesday at 10:30 am
Family Storytime every Wednesday at 7:00 pm

Come in and enjoy the community atmosphere and services of your neighborhood library. It's all free!!!

La mas rapida creciente poblacion Hispana de la Bahia rinde una influencia de \$6 billiones al ano de poder consumidor que es con frecuencia desatendido.

En un reporte liberado Jueves, el Mission Economic Development Association (MEDA) contorno la influencia economic Hispana en esta region para el resto del siglo. Para ese tiempo, la encuesta proyecta, Hispanos seran 15 porciento de la habitacion de San Francisco y contribuyendo \$663 millions cada año ha negocios locales de menor.

Hispanos ya representan 13.6 porciento de la poblacion de la ciudad. En comparacion, negros componen 11 porciento, y Asiaticos componen 30 porciento.

La encuesta no proyecta poder consumidor y influencia de otras minorias.

Por todo la area de la Bahia, el Poder consumidor Hispano es esperado a pasar \$11 billiones para el año 2000.

El analisis, recopilado por el Center for the Continuing Study of the California Economy en Palo Alto, espera que la comunidad Hispana y sus dolares de consumo creseran por doble, mas que la habitacion general en los años siguientes principalmente por inmigracion de Centro y Sur America.

En la Gran Mission, la area de San Francisco donde la mayor parte de Hispanos viven, el grupo etnico numero 65,400, o 43.4 porciento de la poblacion total, para el 2000.

Su poder consumidor es proyectado a crecer hasta \$536.4 millones para ese año, medido en dolares de 1987.

Hispanos estan haciendo una importancia precente en otras partes de San Francisco, y en suburbios tal como los condados de Santa Clara, Contra Costa, y Alameda.

Tal como los inmigrantes Latinos Americanos de la Bahia se colocan, tienen mas dinero para gasta, y lo gastan mas prudente, dijo Isabel Valdes, una consultante en comercializacion y investigation de Hispanos de Palo Alto.

Dijo que Hispanos estan comprando mas carros, viviendas, y materias durables. Ahora bancos, productores de electronicos y companias de utiles estan despertando ha este mercado y preguntando como seguirlo.

Good Neighbor Policy

Carlos Lobo, who grew up in Bernal Heights, hardly knew Valerie Drakos. She had moved into the house across Moultrie Street only a few months ago. Occasionally, they'd see each other, and exchange friendly greetings. Valerie would ask Carlos about Lady, his pregnant boxer dog, and offer to help if needed. One mid-August evening, Lady went into labor, and two puppies were born. A third puppy was stillborn the next morning. Carlos called Valerie.

Rubber gloves at the ready, Valerie came to Carlos' house and cared for Lady. She called every vet she knew



Michael Garcia, Roland Lobo, and Carlos Lobo visit a proud Lady and her healthy puppies.

Study Says Business Isn't Meeting Hispanic Needs

by Sally Lehrman and Dexter Waugh,
Examiner staff writers
from the SF Examiner, 9/8/89

The Bay Area's fast growing Hispanic population wields a hefty \$6 billion a year in spending power that is often ignored, according to a new market study.

In a report released Thursday, the Mission Economic Development Association (MEDA) outlined Hispanic economic influence in the region through the end of this century. By that time, the study projects, Hispanics will make up 15 percent of San Francisco's populace and pump \$663 million each year into local retail businesses.

Hispanics now represent 13.6 percent of the city's population. In comparison, blacks make up 11 percent, and Asians make up 30 percent.

The study does not project buying power and influence of other minorities.

Throughout the Bay Area, Hispanic spending power is expected to top \$11 billion by the year 2000.

The analysis, compiled by the Center for the Continuing Study of the California Economy in Palo Alto, estimated that the Hispanic community and its spending dollars would grow twice as fast as the general population in coming years, primarily because of immigration from Central and South America.

In the Greater Mission, the area of San Francisco where most Hispanics live, the ethnic group will number 65,400, or 43.4 percent of the total population, by 2000. Their buying power is projected to grow to \$536.4 million by that year, measured in 1987 dollars.

Hispanics are also becoming an important presence in other parts of San Francisco, and in suburban communities such as Santa Clara, Contra Costa, and Alameda counties.

As the Bay Area's Latin American immigrants become more settled, they have more money to spend, and they are spending it more wisely, said Isabel Valdez, a consultant in Hispanic marketing and research in Palo Alto.

She said Hispanics were buying more cars, housing, and durable goods. Now, banks, electronics makers, and utility companies are waking up to the market and asking how to pursue it.

until she found one who would help Lady. "I know you have to go to work," she told Carlos, "Don't worry. I'll do whatever is necessary."

When Carlos returned from work that evening, he found that Lady had needed a Caesarian section to deliver the rest of her litter, and that Valerie had paid the entire bill, nearly a thousand dollars.

Lady and her five puppies are doing fine now. Carlos is paying Valerie back the money she fronted for him. He still can't get over how much she was willing to do for a relative stranger. "I was shocked at first," he told us, "but then I started realizing that there's a lot of good people living in this neighborhood that I didn't know about. For her to go out her way like she did...just makes me feel good about Bernal Heights."

As for Valerie Drakos, she modestly declined to be photographed. All she would say was, "I did what any good neighbor would do."

We'd like to take this opportunity to welcome Valerie to the neighborhood. She's the kind of person who makes Bernal Heights such a great place to live.

If you have a story about a Good Neighbor, please contact the Bernal Journal.

Youth Page

Library Summer Youth Worker Is Talented Artist

by Dorothy Coakley
Children's Librarian
Bernal Heights Branch, SFPL

The Bernal Heights Library is one of those wonderful places where anyone can walk through the door. Our regular patrons include well-known children's illustrator Ashley Wolf and her small son Brennan, as well as the Uncle of Forty-Niners Coach George Seiffert. On any given day, one can hear, Spanish, Tagalog, Cantonese, or Indonesian being spoken. Our staff includes Hispanic, Asian, and Black-American representation; our juvenile patrons go to a wide range of public and private schools across the city.

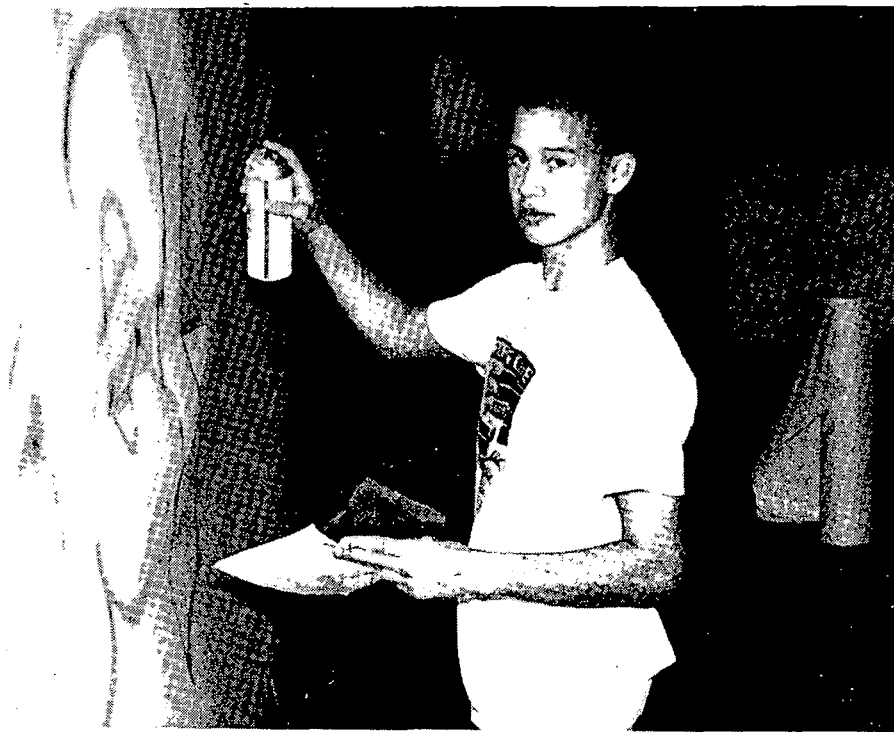
Naturally, we had high expectations for our Summer Youth Worker. She or he would speak at least two languages, be well versed in the arts, a good student, courteous, intelligent -- and would work for us diligently all summer! Sound impossible? Well, we got all this and more!

Nelson Bermudez came to us for the summer from the Precita Center. A fourteen-year-old Spanish-speaking San

Francisco native from Sacred Heart High School who is one of five children, he rapidly became adept with our checkout system, cheerfully shelved books, was never absent, and won the hearts of most of the Kid Power workers.

But Nelson is also a gifted artist. He designed and painted a mural for the Children's Room in a joyful expression of exuberance and talent. Its pink, blue, tan, and lime green colors highlight our old fashioned decorated ceiling, while its "street-art" lettering makes the room much more contemporary.

At our request, he produced an intense piece as the stage backdrop for our summer open house on August 30. The name of the band, "The Heights", is highlighted by peace symbols, graffiti, and even an eye with a tear dripping from it. It's social commentary as well as a beautifully modern work. We are looking forward to seeing more of his murals in the future throughout the city. His "tag", or signature, is "Hope".



Nelson Bermudez, Library Summer Youth Worker and Artist, begins a new creation.

Nelson believes that street artists try to make the city more beautiful, and they do have a strong sense of social conscience and morality. "Don't confuse street art with gangs," warns Nelson, "Look at *Street Art* by Allan Schwartzman (Doubleday, 1985) or *Subway Art* by Martha Cooper (Holt, Reinhart, Winston, 1987) if you want to see what I mean."

Nelson hopes to be invited to join The Most Fabulous (TMF), an elite group of street artists. After high school, he wants to continue his art education, and work doing advertising art. If his school schedule permits, he'll work at the Library again in the fall.

Good luck, Nelson! We'll miss you. Thank you for your contributions to our branch Library, and especially, thanks for the "HOPE".

Directions Provides Opportunity And Hope For Youth

by Peggy Turnipseed
Job Developer, BHCF

In August, I attended a meeting of Directions, a non-profit organization that empowers youth to recognize and overcome barriers to employment, and prepare for future career challenges.

Guest Speaker Rev. Cecil Williams from the Glide Memorial Church discussed the fight against crack cocaine, focusing on giving young people self-respect. Carol Hotnit, Directions Program Coordinator, spoke about youth employability: Situation Critical.

A young lady named Ruth Carrillo, a student, gave an outstanding speech about her experience with Directions. Ruth is a refugee from El Salvador. She has been in the United States for a year and a half. She is one of Directions' success stories, presently working as an intern for PG&E.

Directions has a program called WORK NOW. This program helps Bay Area youth get the skills, work experience, and employer referrals they need to find permanent employment.

I have talked to Carol Hotnit and Susie Lee Cecchi from Directions, and they are willing to come to the Bernal Heights Neighborhood Center to do a workshop for the youth in our area. If you're interested, call me, Peggy Turnipseed, at 648-0330.

Want to learn how to write a resume? I'll be starting classes on October 23. Call me, or stop by the Neighborhood Center, 515 Cortland Avenue.



Ruth Carrillo made an inspiring speech at the Directions meeting



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And
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Open Studio Showcases San Francisco Artists At Work

Over 400 San Francisco artists will open their studios to the public on October 14-15 and October 21-22 from 11am to 5pm. This free annual event allows the public to meet painters, sculptors, glassblowers, jewelry makers, photographers, and others in their studios. The first week-

end will showcase 220 artists in every neighborhood of the city. At least a dozen Bernal Heights artists, including Nancy Gotthart, Joan Miro, Patti Levy, and Toby Klayman will participate. If you want a preview, stop by Open Studio at 65 Page Street, and see examples of all the artists' works on display.



A big day for local recording artist Tony Thomas! Scher's Record Label on Mission Street has just put out his first album. At the Record Release Party last August 18, Tony is surrounded by family and friends: His father and mother, Oliver and Lillie D. Thomas, His wife Joan Thomas, and Executive Producer Jim White. Tony is a fine singer with a bright future.

Nancy Gotthart, who has lived and worked in Bernal Heights since 1982, welcomes the opportunity to have her neighbors visit her Cortland Avenue studio. "It's good for the community to see artists at work — to see that they do work. They're not just off having coffee every day. I like to show my work to people. That's what I do it for... there's something to be shared."

Lately, Nancy has been working in collage and assemblage, layering both images and time. "My own history as an artist is one of my subjects," she explains. "It's up to the individual to make their own associations when they look at my art."

In addition to participat-



You'll be able to see works by Nancy Gotthart and other artists from the neighborhood and the rest of the city during Open Studio Weekend.

ing in Open Studio, Nancy will also be showing her work at Gallery 601, at 601 Minnesota Street, Room 117, along with other artists, in an exhibit entitled "Eroticism: San Francisco Expression".

The second Open Studio weekend will feature the artists of the Hunters Point Shipyard, the largest arts colony in the United States. For more details, call Open Studio at 863-2683, or ask Nancy Gotthart when she's out having coffee.

Headaches ...

Continued from page 6

ways helpful to use a health consultant to assist you in choosing the best methods for assistance.

Persistent headaches may require dras-

tic changes in the way you eat, exercise, and live your life. By combining some of these techniques into a unique plan for yourself you will be assured reduction and possible elimination of your headache.

Jeanette Conley, RN, is a personalized health consultant working with nutrition and massage in Bernal Heights.



Happy 10th Anniversary to the Bernal Heights Senior Program! On September 9, the seniors honored Sr. Janet Simons, Paul Kreft, Richard Horton, and Mary Foy, none of whom would stand still long enough to be photographed. We did manage to catch Herb Spiro turning his pockets inside out to show what resources the program had when it was first started. Looking on are Grace Williams, Nutrition Site Manager; and Vicki Victoria, Senior Program Director.



César Ascarrunz

My fellow San Franciscans:

Let's look at the new stadium plan.
Let's face REALITY, not fantasyland!

TRAFFIC : Congestion
PARKING : Impossible
COSTS TO US : Over \$120 Million
TRANSPORTATION : Gridlock
FINANCES : A Giveaway from
our City Treasury

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Bernal Heights Senior Program

Senior News

Bernal Heights Senior Program's
10th Anniversary
1979 - 1989

A wonderful afternoon of dancing and toasting was had on September 9th as senior citizens and neighbors in Bernal Heights and San Francisco celebrated 10 years of good times and friends at the Bernal Heights Senior Program.

The Bernal Seniors would like to thank the following organizations, businesses and persons for their generosity of donating monies and supplies that enabled the Anniversary Celebration to be admission free for all senior citizens:

MUSICIANS PERFORMANCE TRUST FUND
 Local #6, American Federation of Musicians
for providing the service of Johnny & His Band
JC SUPERMARKET
 820 Cortland Avenue
STEPHEN ANTONAROS
SAFEWAY STORES
VICTORIA LODGE, NO. 3, F.7 A.M.

Also **THE CAKE GALLERY** and **KING'S BAKERY** for generously donating the beautiful Anniversary Cakes. And special thanks to the following contributors: Senator Quentin Kopp, Sheriff Mike Hennessey, Fr. James O'Malley, Edward Ho, Gerald Whitehead, Nina Knight, Herb & Mary Spiro, Buck Bagot, Lisa Steadman, Bank of America, The Budget Cannery, Thrifty Jr.

Here's to 10 more years of quality services for our community's valuable members: the senior citizens.

OCTOBER & NOVEMBER ACTIVITIES at Your Bernal Heights Senior Program

OCTOBER 22 & 23
 Reno Trip only \$39
OCTOBER 30th - 10:00 am
 Birthday Party & Dance
OCTOBER 31st - 11:00am
 Halloween Party!

NOVEMBER 8th - 9:00 am
 Bake Sale - Cupcakes 25¢
NOVEMBER 9th - 11:00 am
 Vet's Day Memorial Ceremony
NOVEMBER 27th - 10:00 am
 Birthday Party & Dance

These are just a few of the many activities for senior citizens. For a complete listing or more information, call the Bernal Heights Senior Program at 648-0330.



BERNAL HEIGHTS SENIOR PROGRAM'S ANNUAL FESTIVAL

It's that time of the year again for the Bernal Heights Senior Program's **ANNUAL FESTIVAL**, 1989 on **October 15th, 10 - 4** at the Neighborhood Center at 515 Cortland Avenue in San Francisco.

Enjoy family fun with old fashioned prices at the **ANNUAL FESTIVAL**. Dime Toss, White Elephant Sale, BINGO, Arts & Crafts, Filipino & Mexican foods, Wheels of Chance for a quarter and Kid's Games for only 10¢! This **ANNUAL FESTIVAL**, hosted by the Bernal Heights Senior Program, promises all of the warmth and good times you'd expect from a neighborhood festival.

The **ANNUAL FESTIVAL** is a fundraiser for the Bernal Heights Senior Program, a non-profit organization under the direction of the Bernal Heights Community Foundation, which provides nutritional, recreational and educational programs and activities for senior citizens of the Bernal Heights Community and San Francisco. Call Vicki at 648-0330 for more information.

Bernal Heights Senior Program Presents

ANNUAL FESTIVAL

SUNDAY
October 15, 1989
10 am - 4 pm

Admission Free!

at the
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 Neighborhood Center
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 (at Andover Street)
San Francisco
 Call us at 648-0330



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Jeanette Conley, R.N.
 Director

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Getting Things Done In The Neighborhood

By Action Jackson

Getting Things Done: A Success Story

Since 1979, the block between Folsom and Banks Streets on Cortland Avenue has been the scene of twenty reported accidents. Most of these occurred because a driver was not ready for the sharp downward curve to the left toward Bayshore Boulevard. People living on that block frequently had their cars smashed, usually by hit-and-run drivers. One woman even had a car crash right through her house into her kitchen.

Fortunately, no one was ever seriously injured by all this mayhem. The Bureau of Traffic Engineers and Operations took the position that no stop sign was needed, but did put up a "SLOW" sign at Folsom Street.

After sustaining \$2000 worth of damage to her car, Victoria Vasey decided to take action. Sister Janet Simons from St. Kevins helped by organizing a meeting at the Bernal Heights Neighborhood Center, attended by Robert Chum from the Bureau of Traffic Engineers and Operations. He was very sympathetic, promising to help if the accident problem could be documented.

Victoria did the necessary research by requesting computer printouts of accident reports and police reports. She discovered that, since the collisions actually occurred in mid-block, they were not reported as having happened at the corner. She wrote a letter to Mr. Chum that outlined the situation in detail.

Ironically, during this process, her parked car was struck again by a hit and run driver, sustaining another \$3000 worth of damage, which totally destroyed it. Although her insurance did cover the accident, she only received \$2000, the maximum payment for a well-maintained but older car.

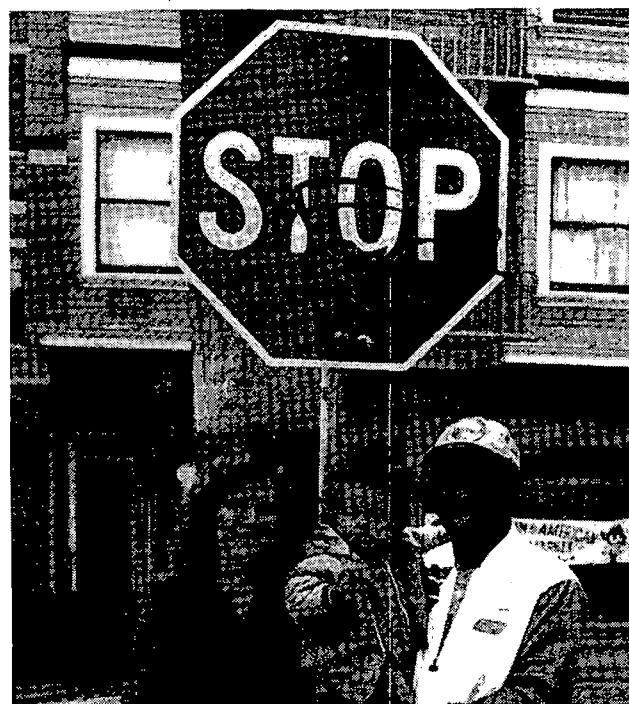
To her shock, Mr. Chum rejected her request. He

claimed that none of the accidents had occurred because of a lack of a stop sign. After persistent lobbying, she finally convinced him to reconsider. He recommended to his supervisors that a stop sign be installed at that corner. Her petition went through the Department of Public Works and was passed by the Board of Supervisors in February.

Today, there is a stop sign at that corner that slows down the traffic. There have been no accidents since it was installed.

Victoria Vasey believes that others can learn from her experience. "I would encourage people that have a community problem to join together and work with City government to change," she told us. "If you're persistent, they're responsive."

The BJ salutes Victoria Vasey, and thanks her for her courage and hard work.



Victoria Vasey, her daughter Ariana, and her husband, Charles Allensworth, stand in front of the stop sign she fought for on Cortland at Folsom. There haven't been any accidents since it was installed.

Action Jackson's Mailbag

Dear AJ:

There are a couple of kids on my street who, lately, have been doing annoying things. It has now escalated to throwing eggs through my gate into my entryway. My roommate is brain-damaged, and these incidents bother and frighten him when I'm not at home. Talking with the parents is not feasible. I don't want to call the police. Any answers?

J.A.G.

You have a couple of options, and I will list them in order of priority:

1. See if any of your neighbors know the parent of the young people who are causing your problem. You might want to contact your local block club. Perhaps they can talk to the parents for you and stop the vandalism and harassment.

2. Call Community Boards, a neighborhood dispute resolution service. You will have to provide them with the address or phone number of the parents. They will contact them, and arrange a meeting where you can all work out your differences. Their office is at 161 Leland Avenue, SF CA 94134, Phone: 239-6100.

3. If the parents have been informed of the problem by neighbors or Community Boards, and they are unwilling to work this out, you must take more

aggressive action. Contact the Juvenile Bureau of the SFPD at 553-1322 or 665-0757.

4. In some cases, the youth may be faced with more serious problems at home. You might need to call the Department of Social Services, Child Abuse/Neglect at 665-0757.

Good luck! Let us know how it works out.

Action Jackson

Send your questions to Action Jackson,
c/o the Bernal Journal.

Jaquecas...

Continuado de pagina 6

Esta es una buena forma para que los toxinas se muevan de los musculos para colocarse dentro del torrente sanguine. Estas toxinas que se acumulan en el area de los musculos pueden causar dolor. Despues de un masaje toma siempre muchas agua para mantenerse tibias. Esto tambien ayuda que el cuerpo se limpie de toxinas y reduce el estres.

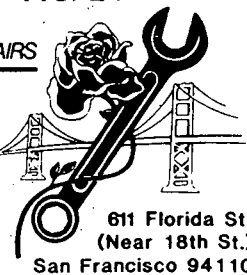
Las jaquecas deben de ser tratados lo mas pronto posible. Todo el tiempo una consultora de salud te pueda a ayudar escoger el mejor metodo. Los persistentes jaquecas alguna veces requieren un cambio drastico en el modo de comer, ejercicio, y en el modo de vivir tu vida. Combinando algunas de estas tecnicas dentro de un unico plan para ti puede asegurarte reduccion y posible eliminacion de jaquecas.

Jeanette Conley, RN, es una consultora de salud que trabaja con nutricion y masaje en Bernal Heights.

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Action Jackson's Guide To People Who Can Help You Get Things Done

Part 2: Neighborhood Nuisances

Department of Public Works

DPW is responsible for stop signs, streets, building inspection, street cleaning, street lights, and tree planting.

Richard Evans
Director

Joanne B. Conney
Assistant to the Director

Frank H. Ross, Jr.
Deputy Director, Engineering/City Engineer
Scott Shoaf
Deputy in Charge of Operations
Room 260
City Hall
SF CA 94102

To request traffic controls (Stop signs, speed bumps, warning signs, red "No Parking" curbs, parking permit areas, etc.):

Norman Bray
City Traffic Engineer
Bureau of Traffic Engineering, DPW
460 McAllister Street
SF CA 94102
Phone: 554-6430

The person responsible for painting edges of curb cuts red:

Raymond Zamora
Phone: 558-6430

Peter Burns or Jeannine Reininger
DPW, Public Services Division
558-6242.

They can help you troubleshoot problems.

Bureau of Building Inspection, Residential
John Singleton, BBI Area Inspector: 558-6096
Available 8-9 am and 4-5 pm
Mr. Singleton is responsible for all residential construction in Bernal Heights.

Gary O'Reilly, BBI, Chief Inspector:
558-6096
Mr. Singleton's Boss!

Report Potholes to:
Bureau of Street Repair
Department of Public Works
2323 Army Street
SF CA 94124
call 558-3916 or 695-2100

Report overflowing and broken sewers to:
Richard Cunningham, Superintendent
DPW Sewer Repair
2323 Army Street
SF CA 94124
call 695-2089 or 695-2096

Street Cleaning/Urban Forestry:
John Roumbanis, Superintendent
2323 Army Street
SF CA 94124
call 695-2010 or 695-2012.

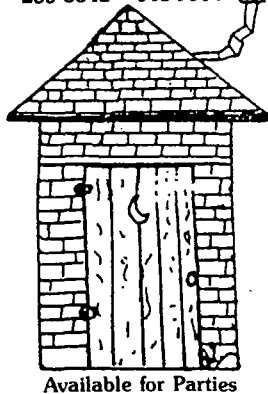
Call them to get streets cleaned, clean up "hot spots" where people have dumped household garbage, and arrange street tree plantings.

Tip: Check that plastic bag of household garbage dumped on the street for letters or personal identification.

Go with a group of neighbors to return it to the party who dumped it.

Part III of "Action Jackson's Guide" will appear in the next issue of the Bernal Journal.

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